



Aging Mastery Program®

National Council on Aging

Live Well – Do Well – Age Well

Aging Mastery® aims to help millions of baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. When they participate in the Aging Mastery Program® (AMP), individuals create their own personal pathways for aging well via actionable goals, sustainable behaviors, peer support, and incentives.

COST:

\$50/person

\$90/2 people

Scholarships available



**SALT LAKE
COUNTY**

**AGING & ADULT
SERVICES**

Sandy Senior Center

Tuesdays

12pm-1:30pm

Sept 15 – Nov 17

